DOCUMENT RESUME

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| TITLE | The Munchsters Talk about Food: Preschool Nutrition Program. |
| INSTITUTION | National Live Stock and Meat Board, Chicago, IL. |
| PUB DATE | 93 |
| NOTE | 17p. |
| AVAILABLE FROM | National Live Stock & Meat Board, Materials Marketing Department, 444 N. Michigan Avenue, Chicago, IL 60611 ($4.95 plus shipping and handling; free to preschool teachers when request is written on school letterhead). |
| PUB TYPE | Guides - Classroom Use - Instructional Materials (For Learner) (051) -- Guides - Classroom Use - Teaching Guides (For Teacher) (052) |
| EDRS PRICE | Document Not Available from EDRS. |
| DESCRIPTORS | *Eating Habits; *Food; *Health Education; Instructional Materials; Language Acquisition; *Learning Activities; Lesson Plans; *Nutrition Instruction; Parent Participation; Preschool Children; Preschool Education; Preschool Teachers; *Visual Aids |

ABSTRACT

This nutrition education kit is designed for use with 3- to 5-year old children. It introduces children to new foods, involves them in the process of food preparation, and creates an awareness of the importance of eating foods from all food groups. The kit has been designed to provide a variety of opportunities to develop and practice language skills. The kit includes five full-color 14" x 22" posters with lesson plans, suggestions for language development activities, a teacher's guide, a poster for a parent bulletin board, and 8 parent handouts that include questions parents ask about nutrition, suggestions for cooking with children, recipes, and nutrition information. The teacher's guide also discusses a language development approach to learning, development of good eating habits, and basic ideas for good nutrition. A checklist for preschool food activities and suggestions for parent involvement are included. (LL)

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